

SAUNA



SERENA SAUNA

Serena™ Sauna brings the TROPICAL HEAT into your life!

Serena™ Saunas use the highest grade of clear, kiln-dried Western Red Cedar, renowned for its exceptional resistance to moisture and its rich content of natural phenolic preservatives. This premium natural wood is ideally suited for both exterior and interior use in extremely humid environments.

Western Red Cedar contains millions of microscopic air-filled cells, providing superior insulation performance and enhanced heat retention. Each Serena™ Sauna material kit is precisely pre-cut to size, significantly reducing installation time and labor costs.

We design, manufacture, supply, and service our saunas under a strict ISO 9001:2015 quality control system. As a result, Serena™ Saunas represent the best in their class, offering outstanding durability, reliability, and long-term performance.

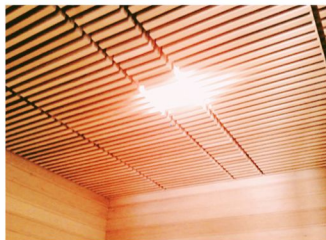
	Serena Premium Kit	Serena Elite Kit
Wall	1x4 T&G Vertical/Horizontal Pre-cut	1x4 T&G Vertical Pre-cut
Ceiling	1x4 T&G Parallel to Short Side Pre-cut	1x4 T&G Parallel to Short Side Pre-cut
Bench	5/4x4 S4S Pre-cut	2x4 S4S Pre-assembled
Legs	2x4 S4S Materials	2x4 S4S Pre-assembled
Heater Guard	2x2/1x3 S4S Materials	2x4/1x3 S4S Pre-fab
Tinted Temple Glass Door with Trim	2x4 Solid Cedar Pre-assembled	2x4 Solid Cedar with Glass Window Pre-assembled
Hardware	Vapor Barrier, Screws, Louvers, Vapor Proof Light	Vapor Barrier, Screws, Louvers, Vapor Proof Light
Option	Backrest, Headrest, Towel Hook, Bucket & Ladle, Thermometer, Hydrometer, Sand Timer, Sauna Sign, Wood Preservative	



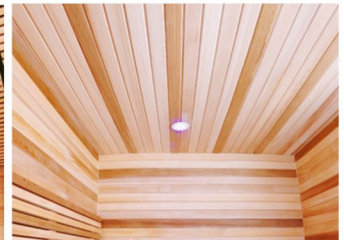
Wall



Ceiling



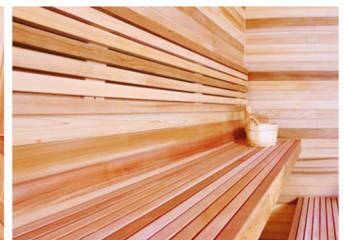
Ceiling



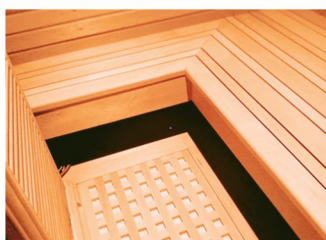
Door & Window



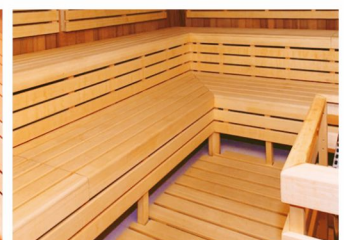
Bench



Heater Guard



Floor



SAUNA BENEFITS

- Helps flush out harmful toxins and heavy metals stored in the body.
- Supports calorie burning and healthy weight management.
- Enhances skin appearance, improves skin tone, and helps reduce cellulite.
- Reduces stress and promotes deeper, more restful sleep.
- Eases muscle soreness and provides relief from arthritis-related discomfort and sprains.
- Improves circulation and increases oxygen supply to body tissues.
- Strengthens both the immune and cardiovascular systems.
- Supports a healthier heart rate and contributes to more stable blood pressure levels.
- Helps slow down the natural aging process.

SAUNA ACCESSORIES



 Sensor Cover	 Air Exhaust & Intake Louver	 10" LED Panel Light	 Towel Hook
 Timer Button / e-Touch Timer			 Thermometer
 Cedar Door			 Sand Timer
 Door Handles			 Sauna Sign 21"x13.213"
 Bucket & Ladle			 Brush

HOW TO DESIGN AN IDEAL SAUNA

1. Material Selection

Clear Western Red Cedar, Grade A+ or better, kiln-dried, is the best material for the interior finish of a sauna.

2. Room Size Planning

Determine the room size based on occupancy. Allow approximately 2.5–3 feet of bench length per person.

3. Bench & Heater Layout

Design the bench and heater locations according to standard sauna layouts to ensure comfort and safety.

4. Heater Selection

Select an energy-efficient, 100% stainless steel sauna heater with a water pan design to prevent water from running through the heating elements, allowing users to enjoy a rich, steaming sauna experience.

5. Temperature Control

Install a commercial-grade electronic digital thermostat that provides accurate temperature and differential control.

6. Ventilation System

Properly install intake and exhaust vents to introduce fresh air and ensure uniform heat distribution throughout the sauna.

7. ADA Clearance Requirements

Provide a minimum 60" diameter clear space for ADA compliance. A minimum 36" door width is required.

8. Floor & Base Design

A 4"–6" tile baseboard and a floor drain are recommended to maintain cleanliness and hygiene in the sauna room.

9. Backrest Installation

Use backrests for added comfort and to protect sauna walls from direct contact.

10. Insulation & Vapor Barrier

Install fiberglass insulation (R-12) continuously and tightly fitted within 2" x 4" studs at 16" on center, including wall and ceiling joist spaces. Cover insulation with a foil vapor barrier.

11. Heater Guard

A heater guard must be installed to ensure complete safety and protect users from accidental contact.

12. Door Framing & Safety

Provide double wooden studs for the door frame. For safety reasons, the sauna door must open outward.

13. Fire Protection

Ensure a high-temperature-rated sprinkler system is installed where required.

14. Emergency Safety System

Install an alarm system with an emergency stop button for added user protection.

15. User Instructions

Always place clear user instructions outside the sauna for safety and proper operation. For customized sauna design and construction, please contact Steam Sauna Inc.

